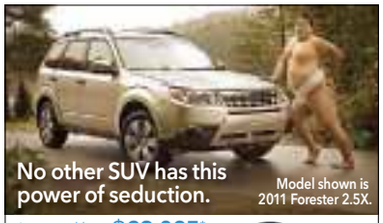

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GABRIOLA ISLAND IN B.C. A MAGNET FOR ARTISTS
{page 11}

STONE COLD
SALDANA THE LATEST WOMAN OF ACTION
{page 8}

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Wednesday, August 24, 2011
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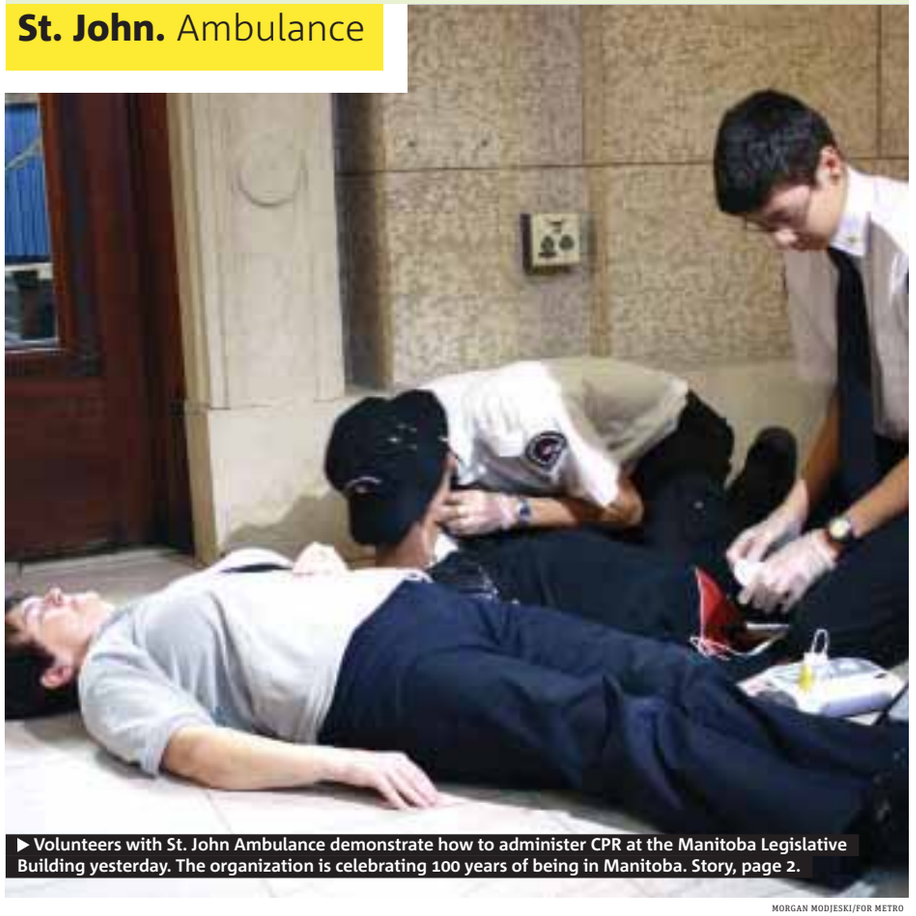
News worth sharing.

St. John. Ambulance



▶ Volunteers with St. John Ambulance demonstrate how to administer CPR at the Manitoba Legislative Building yesterday. The organization is celebrating 100 years of being in Manitoba. Story, page 2.

MORGAN MODJESKI/FOR METRO

A century of lessons in saving lives

Slain man remembered

▶ 'He was a friendly guy.... He had many friends,' community leader says

The victim of Winnipeg's most recent homicide was a young father who had managed to scrounge up the money to come to the city and be reunited with his kids, the chief of his home community says.

But on Sunday — the day before he was to see them again, Tim Koostachin, 30, died after an argument turned physical following a party in the Inner City.

The well-liked Koostachin had run into some "personal challenges" in recent months and chose to leave the community of Shamattawa and live near Brandon, according to Shamattawa First Nation Chief Jeffrey Napaokesik.

Koostachin was "very sore" at having his children taken away, and that likely prompted his move, Napaokesik said. "That's probably what led to him going on the lone path.

"He loved his kids very much — he made an effort to go to Winnipeg (to see them)," Napaokesik said. "He didn't have much resources but found a way," Napaokesik said.

Koostachin's mother, who lives in Shamattawa, is devastated by the news, said the chief.

Police said Koostachin and others were drinking at a house party on Elgin Avenue early Sunday evening when an argument broke out between he and another man. The argument wasn't about anything significant and appeared to end after a punch was thrown, said police.

After leaving the house, however, that changed.

Police said Koostachin was allegedly assaulted after the dispute started up again and hit his head as he fell to the ground. Efforts to save his life in hospital failed.

Ray Vaughn Munro, 19, was arrested Monday, charged with manslaughter and held in custody. Police allege Munro fled the scene of the fight but came to police attention following interviews with a number of people.

Koostachin's death marks the 26th homicide in Winnipeg this year.

JAMES TURNER

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1 news

NDPer recalls Layton's compassion

Local tributes to NDP leader Jack Layton continued to pour in yesterday as the reality of his death Monday sunk in for many Winnipeggers.

Fort Garry-Riverview NDP candidate James Allum shared a fond memory he has of the NDP leader with Metro Winnipeg.

"Jack and I had the opportunity to canvas down Corydon Avenue, and the national media was following Jack," said Allum, referring to run at a federal seat in 2004.

"Well, in the middle of all this craziness, all of a sudden, Jack yells, 'Halt!' And everybody, including the media — and this is 30 cameras we're talking about — stop. He wades through the media crowd and there is this little old lady, standing on the other side, about to be steamrolled as this media horde goes backwards."

Allum continues: "She doesn't know who Jack Layton is and she doesn't care who the media are, and (Layton) says, 'Madam, how do I help you?' And she said, 'I'm looking for the bus stop.' So he puts her arm in his arm and he escorts her to bus stop and sits her down and off she goes.

"It was a great bit of political theatre, obviously with the national media there, but it showed the true guy who Jack Layton really was — who really, genuinely cared about people."

MORGAN MODJESKI

DARRYL DYCK/THE CANADIAN PRESS

▶ Canadian have been signing books of condolence for Jack Layton across the country.

Inside Tripoli's $400-per-night Rixos Hotel, which has become a prison for foreign reporters. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Archeologists working at the Montreal site of a pre-Confederation Parliament unearth relics of the past. Video at metronews.ca

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Volunteers ahead by a century

St. John Ambulance has trained 2 million Manitobans in 100 years

Public receives lessons on CPR and how to operate a defibrillator

MORGAN MODJESKI
@METRONEWS.CA

Volunteers from St. John Ambulance turned up at the Manitoba Legislative Building yesterday — but they weren't there to save any lives.

The volunteers were there to publicly celebrate the organization. As of 2011, they've been working in Manitoba for an entire century.

"St. John Ambulance is an important organization and (its) role of being part of the health of Manitobans cannot be understated," Theresa Oswald, Manitoba's health minister told reporters.

"What you do in the community is so important and makes an enormous difference in the lives of so many people and in so many different ways," she said, addressing the gathered volunteers.

"What you do in the community is so important and makes an enormous difference in the lives of so many people and in so many different ways."
MANITOBA HEALTH MINISTER THERESA OSWALD

In 2010 St. John Ambulance trained 25,000 Manitobans in first aid and provided 30,000 volunteer hours at over 500 events across the province.

Volunteers demonstrated to the public how to perform CPR, how to treat a bleeding wound and how to operate a defibrillator — a device becoming more common in workplaces.

Even though the charity has been up and running in Canada for 125 years, the first Manitoba branch was established in 1911.

CONTRIBUTED

▶ The St. John Ambulance display yesterday also included therapy dogs.

Contact info

- St John Ambulance Way Winnipeg, Man., R3G 3H5
- Tel: 204-784-7000, 1-800-471-7771

Fans making Jets-fueled road flick

"Go, Jets, go!"

It's more than just a chant often heard in Winnipeg these days — it's also become the inspiration for a documentary film looking closely at the passion of Winnipeg Jets fans.

Cousins Marshall and Jeff Stevenson, founders of the fan site winnipegwhiteout.com, are taking a road trip to watch Winnipeg's new NHL team play across North America and they're turning it into a movie.

The two former Winnipeggers, who now live in Calgary, feel the documentary — currently titled Jet Fuel — is an important project as each felt the pain when the Jets left the city for Phoenix in 1996.

"There are many passionate fans across the country and across the world," said Marshall Stevenson in a phone interview yesterday. "It's really to illustrate that when you're passionate about something, there is no stopping you."

Stevenson said a lot of people stopped believing the NHL would return to Winnipeg, but it was the die-hard fans who made it happen, and now they're looking to document their passion.

"There were a lot of people who gave up, but there were a lot more people who said, 'No way, we're going to keep fighting this fight.' And when you're passionate about something and you believe in something, it's bound to end up happening."

Those who want to contribute to the project can do so by donating funds to the film or participating in it as a fan. Some of the first participants will receive Jet Fuel memorabilia.

MORGAN MODJESKI

WINNIPEGJETS.COM

'It doesn't get more dangerous'

Drive-by shooter may have targeted home, police say

JAMES TURNER
@METRONEWS.CA

A spray of bullets from a drive-by shooting on the fringes of Winnipeg's West End, followed minutes later by a related crash involving a stolen SUV in the North End, created a situation of extreme danger for all involved, police say.

"It doesn't get more dangerous than this — it really doesn't," said Winnipeg Police Service spokesperson Const. Jason Michalyshen.

Bullets from a high-calibre gun riddled the front of a Langside Street home early Monday evening.

Officers in the area either heard or witnessed the shooting, police said, and they began following an SUV they suspected was involved.

The shots caused damage to the front of the three-storey house, but luckily none of the four people inside at the time were injured.

The driver of the car took off at high speed into the North End, running red lights and stops signs along the way, said police.

The SUV collided with another vehicle and a tree at the intersection of Aikens Street and Selkirk Avenue and stopped.

Police retrieved a gun, live ammunition and spent rounds from the car, Michalyshen said.

A 19-year-old suspect was arrested at the crash scene but no charges had been announced by press deadline.

JAMES TURNER/METRO

▶ This Langside Street home's front window was shattered by bullets.

Gang-motivated?

- Investigators are exploring the possibility the incident was gang-motivated, Michalyshen said.
- The SUV the suspect was driving was reported stolen on Aug. 20 from the area of Langside and Portage Avenue, said police.

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U.S. tremor felt far and wide

People scurried onto city streets
Some flights were put on hold, while trains ran at slower speeds

One of the strongest earthquakes ever recorded on the East Coast of the U.S. shook buildings and rattled nerves yesterday, forcing the evacuation of parts of the Capitol, White House and Pentagon.

There were no immediate reports of deaths, but there were some injuries. The U.S. Geological Survey said the quake registered magnitude 5.8 and was centred about 64 kilometres northwest of Richmond, Va. Two nuclear reactors at the North Anna Power Station were automatically taken off line by safety systems.

U.S. President Barack Obama led a conference call with administration officials, including the Federal Emergency Management Agency. THE ASSOCIATED PRESS

Shaky ground

- **People from across central** and eastern Canada, including residents of Toronto, Montreal, Ottawa and London reported feeling effects including rumbling desks and swaying buildings.
- **Earthquake Canada said** Canadians weren't feeling tremors or aftershocks, just waves from the quake.
- **More than 12 million** people live close enough to the quake's epicentre to have felt shaking.
- **Social media sites lit up** with first-hand accounts from Canada and the U.S.
- **In 1897, a magnitude-5.9** quake at Giles County, Va., was the strongest ever recorded in the state.

J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

▶ Office workers gather on the sidewalk in downtown Washington, D.C., yesterday moments after a 5.8-magnitude tremor shook the U.S. capital.

News in brief

DSK case collapses

Two judges put an end yesterday to the sensational sexual assault case against Dominique Strauss-Kahn, setting him free after prosecutors argued the hotel housekeeper accusing the former International Monetary Fund head of sexual assault couldn't be trusted.

The decision to drop the charges in a case that has attracted global attention had been widely expected. THE ASSOCIATED PRESS

Rebels storm Gadhafi army compound

Hundreds of Libyan rebels blasted through Moammar Gadhafi's Bab al-Aziziya compound in Tripoli yesterday. They beat and killed some of those who defended it and fired celebratory shots, marking the effective collapse of Gadhafi's 42-year-old regime. But pockets of resistance are likely to persist for some time. THE ASSOCIATED PRESS

Winehouse death a mystery

Amy Winehouse had no illegal drugs in her system when she died, and it is still unclear what killed the singer, her family said yesterday. Toxicology tests showed "alcohol was present" but it is not determined if it this contributed to her death. THE ASSOCIATED PRESS

NDP front-runner already on the horizon

One of Jack Layton's closest advisers is emerging as a surprise front-runner to pick up the torch from the fallen NDP leader.

Insiders say party president Brian Topp is receiving a lot of encouragement from influential quarters to join the impending race to succeed Layton, who died on Monday.

Topp is one of the key architects of Layton's success and was among the last of Layton's tight-knit inner circle to speak with him before his death.

Montreal MP Thomas Mulcair, Layton's deputy leader, is widely considered the only other prospective candidate to have a serious shot at taking Layton's place.

Signs of leadership jockeying emerged yesterday even as plans were drawn up for Layton's body to lie in state on Parliament Hill and Toronto City Hall before a state funeral in Toronto on Saturday.

His closed casket will rest for visitation in the foyer outside the House of Commons.

The lying-in-state will be open to the public today from 12:30 p.m. to 8 p.m. ET, and tomorrow from 9 a.m. to 1:30 p.m. ET. He will receive a 15-gun salute as he leaves Parliament Hill.

Layton's casket will then rest "in repose" at Toronto City Hall all day Friday and Saturday morning before a state funeral at Roy Thomson Hall that afternoon.

The state funeral, normally accorded only to current and former prime ministers, current cabinet ministers and governors general, was offered by Prime Minister Stephen Harper out of respect for Layton's stature.

Topp, meanwhile, declined to comment on his possible leadership aspirations.

"We lost Jack yesterday and his funeral is on Saturday," Topp said in an interview. "It's not appropriate to talk about his successor this week."

Mulcair could not be reached for comment. THE CANADIAN PRESS

AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Melanie d'Esterre reads from a wall that has been made into a tribute to the late NDP leader Jack Layton at Nathan Phillips Square in Toronto yesterday.

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PHOTO COURTESY OF AKSHAY KOTHARI

▶ Nine-million-dollar smile: Akshay Kothari attended Facebook class and founded Pulse.com, a news aggregator that now has five million users.

Think rich with Facebook class

Mark Zuckerberg who? Stanford University students learn how to create equally successful biz plans

ELISABETH BRAW
WINNIPEG@METRONEWS.CA
METRO WORLD NEWS IN LONDON, ENGLAND

The company founded and run by Evan Reas has 10 employees and $6 million in investor funding. Reas's business concept is simple: his website, lal.com, allows college students to flirt online. And U.S. college students apparently don't get to flirt enough in real life — thousands have signed up.

Reas himself is still just 26. He's one of the super-entrepreneurs trained at Stanford University's "Facebook class."

"The class was extremely practical," says Reas.

"(Professor B.J. Fogg) taught us the theory of entrepreneurship, but expected us to use it in the real world and try it out with small experiments to attempt to do it ourselves," says Reas.

"He wanted us to talk to users and to get real data ourselves rather than just reading it in a book."

The class, launched by Fogg and Dave McClure in 2007, hasn't just spawned Reas and lal.com. In fact, its main result is a new generation of companies that make money on Facebook apps. The first-year students designed apps that attracted 16 million users.

"The concept of this class had never been tried before," explains Professor Fogg. "The students built real things and put them out in the world. I told them to drop out if they didn't like challenges."

Their seminar was, in essence, a boot camp for future Silicon Valley stars. Many are now millionaires, at least on paper.

Akshay Kothari, 25, took the class last year and founded Pulse.me, an app that allows users to create a screen mosaic of their favourite news sites.

Since launching 14 months ago, Pulse has gained million users, $10 million in funding and an endorsement from Steve Jobs.

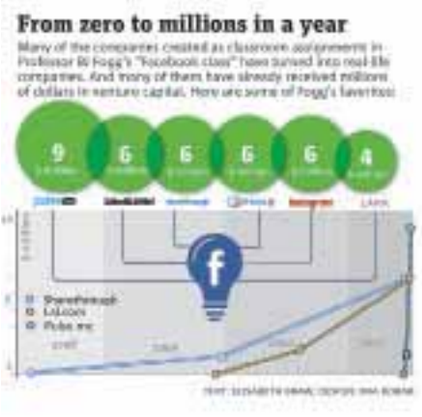
"You should be able to create a business idea and launch it within 40 minutes."
PROF. B.J. FOGG,

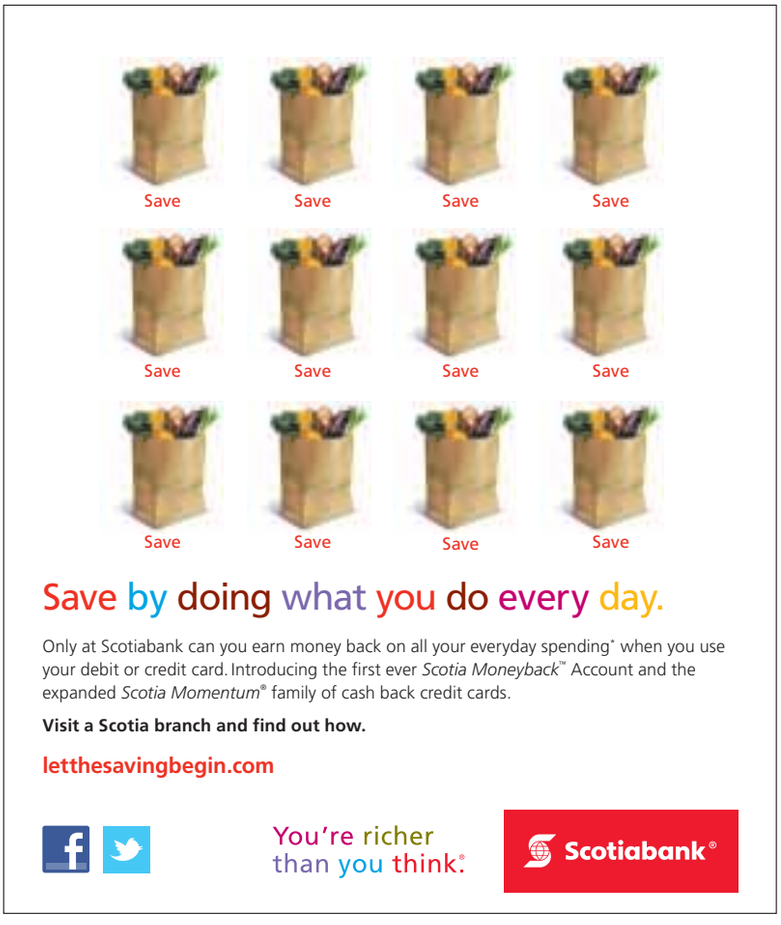
Fogg says starting a successful company is actually fairly simple. "The biggest mistake companies make is to overthink." he says.

"They make their products too complicated, add way too many features, and delay launching for fear of failure. Successful apps are simple, social and fun."

Creative payoff

- Professor BJ Fogg directs Stanford's Persuasive Technology Lab. The prof changes the class each year. This year, he taught students how to use technology to reduce people's stress.
- Several weeks after the 2007 Facebook class ended, the students' Facebook apps had 24 million users.
- Many of the students have sold their ideas to existing companies or started companies featuring their apps.

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News in brief

Tag — you're not it anymore

FACEBOOK FRIENDS. Facebook will now let you decide whether friends can attach your name to a photo before it's posted.

The change won't affect friends adding photos of you, only whether your name is attached to it.

THE ASSOCIATED PRESS

Goodlife gets big strife

FITNESS. Goodlife Fitness Centres has paid a $300,000 penalty for using automated systems to call members without permission.

The CRTC said that 60 calls had been made from May to December 2010.

THE CANADIAN PRESS

KFC arrives in East Africa

CHICKEN. Good news for chicken lovers: KFC just opened its first restaurant in Kenya.

KFC sits in a new wing of a Nairobi mall and is the first U.S. fast food outlet in East Africa's most developed economy.

THE ASSOCIATED PRESS

Lois lane actress arrested at protest

50 During a peaceful protest Saturday, 50 environmental activists were arrested and spent two nights in jail.

Canadian actress Margot Kidder was among the latest slate of environmentalists to be arrested outside the White House yesterday, handcuffed and sent to jail on the fourth day of a two-week civil disobedience campaign against TransCanada's Keystone XL pipeline.

Kidder, born in Yellowknife but now living in Montana as an American citizen, was arrested alongside fellow Canadian actress Tantoo Cardinal by U.S. Park Police for refusing to vacate a White House sidewalk.

U.S. President Barack Obama will decide by the end of the year whether to allow Calgary-based TransCanada to build the $7-billion US pipeline. It would transport millions of barrels of Alberta oilsands crude a week through the U.S. and to Gulf Coast refineries.

"We're the first state the pipeline goes through," Kidder, 62, best known for playing Lois Lane in four Superman movies, said before her arrest.

She marched from Lafayette Square north of the White House to the sidewalk lining the presidential residence.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 269.97 (12,338.33)	+ 0.21¢ (101.21¢ US)

Oil	Natural gas
+ $1.02 ($85.44 US)	1,000 cu ft $3.89 US (+0.1¢)

Gold $1,861.30 US (- $30.60)

IF ONLY I HAD A DOLLAR FOR EVERY SONG I'VE SUNG

JUST SAYIN' ...

PAUL SULLIVAN
METRO

So you think you can sing.

Not to worry, it's a common delusion, and with treatment, you can lead a nearly normal life.

I, for example, have learned to confine my delusion to the car with the windows rolled up all the way, to the tune of Sweet Home Alabama. Well, maybe not to the exact tune, but only a sharp or flat off.

I used to sing in the shower, but the SPCA came by one day and confiscated my dog. Some neighbour thought that horrible noise could only be the beseeching cries of an abused animal and called it in.

"I can only guess these audio-assisted thrushes have moved up through the bars and bubble-tea joints of the world and asking them to sing without their beloved music machine would be like asking Lady Gaga to appear in public without her meat dress."

Sadly, some people choose to ignore the evidence, and there's even a machine that aids and abets their transgressions. It's called a karaoke machine and, along with other weird stuff like sushi and manga, it comes from Japan.

Just so you know, "karaoke" means "empty orchestra," which just about sums it up. As anyone who has ever been to a bar knows, the karaoke machine provides the lush orchestral accompaniment, complete with lyrics, and the usually drunken patrons provide the vocal track.

The really amazing thing is that unlike the house band, karaoke never sounds better no matter how many drinks you have.

So imagine my, er, delight when I discovered there's a World Karaoke Championship, where they actually encourage these people with cash prizes and recording contracts. This year, it's in Killarney, Ireland, from Sept. 8-10. You might want to vacation in France this year.

The last one was held in Moscow, and they should have the broken glass cleared up in time for the 2014 Winter Olympics. The World Karaoke Championship website quickly points out that this contest bears no resemblance to the usual alcohol-fuelled caterwauling in bars — these people can really sing.

But if they can really sing, why do they need the cheesy canned arrangements and backup singers? Why not just ... sing? I can only guess these audio-assisted thrushes have moved up through the bars and bubble-tea joints of the world and asking them to sing without their beloved music machine would be like asking Lady Gaga to appear in public without her meat dress.

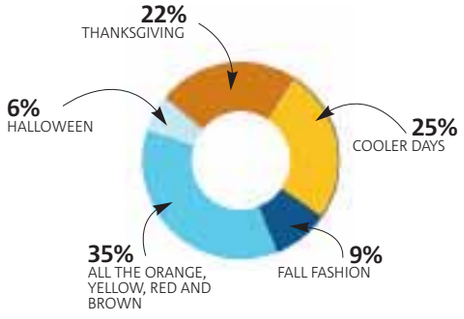
It's part of the act.

There are two British Columbians representing Canada at the 2011 Killarney blarney fest. To Trevor Dunn and Jerrica Santos, I say: Good luck and stay away from Sweet Home Alabama. That one's mine.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Register at metropolitanpanel.ca and take the quick poll

With fall around the corner, what are you looking forward to most?



Local tweets

- **@jbuike:** Its so hot in #Winnipeg that today on the way home from grocery shopping the popcorn I bought starting popping in the trunk. #ILoveThisHeat
- **@jenncruz:** #Winnipeg is one of the only places where you can suffer heat stroke one day, then frostbite the next. Enjoy the heat, people. #crazyweather
- **@jameshopehoward:** The drive from Brandon to Winnipeg (or vice-versa) only eats up nineteen-ish litres of gas ... not altogether shabby for an '86 Volvo.
- **@kentonlarsen:** Classic Winnipeg summertime game: roll up your car windows and turn up the heat. See how long you can stand it.
- **@TiffanyPonce:** If you are in #Winnipeg you need to get out and enjoy this weather!! #gorgeousday #grateful
- **@mikeduerksen:** Reminded once again today that despite despair, there is real hope on the streets of inner-city #Winnipeg. #peopleare people
- **@tamara1479:** It's like Vegas out there! #Winnipeg

Letters

Jack Layton's passing is an unequivocal tragedy in the Canadian political arena. It was difficult to separate Jack Layton from his politics, not because one overrode the other, but because they were synonymous.

Layton tried to revitalize politics—fighting to give it a good name again—with unrelenting commitment to tolerance, compassion, and social justice.

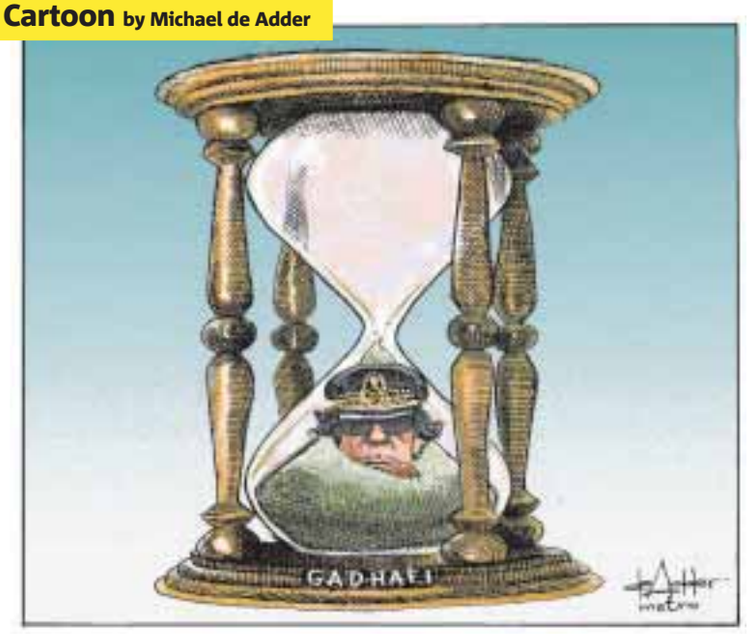
His death exemplifies that the politics of generosity and compassion aren't weak. They reflect the inner goodness that not only constitutes the historical ordinance of Canada, but also humanity.

Layton, throughout his political career, dared to reimagine Canada, attempting to reroot it as a beacon of diversity and social justice. He proved that when you truly embody your personal convictions in your politics, you will not only be heard but respected.

Layton was heard loud and clear in May, when the NDP took over as the official opposition for the first time in history; and today that man with the cane—a charismatic and passionate Canadian—is being remembered.

ZAIN VELJI
CALGARY

Cartoon by Michael de Adder



WEIRD NEWS

Sign of rogue panda disturbs motorists

Authorities in Flagstaff, Ariz., are assuring residents there are no rogue pandas roaming the city after some pranksters got creative with an electronic street sign.

The Arizona Department of Transportation-controlled sign was set up to warn drivers not to make left turns at a busy intersection. But motorists heading to work Monday morning got an entirely different message: "Rogue panda on rampage."

A passerby reported the hacked sign to police at about 3 a.m. yesterday.

Transportation Department spokeswoman Mackenzie Nuno says the sign was restored to its original message by 11 a.m.

She says the agency has no suspects, but she noted the hackers would have needed specialized equipment to change the sign.

THE ASSOCIATED PRESS

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2 scene

He's back

Arnold Schwarzenegger will be making his movie comeback in New Mexico. The Valencia County New-Bulletin reports the movie Last Stand will start filming in Belen, N.M., in October.

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Handwritten letter from author Kathryn Stockett becomes focal point in 'The Help' lawsuit

HANDOUT

▶ Zoe Saldana re-defines the female assassin in Columbiana.

EMBRACING THE FEMME FATALE

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

Chances are the first movie assassin names that pop into your head are The Jackal, Martin Q. Blank or El Mariachi. What do they have in common, other than flashy names and a predilection for gunning down their on-screen enemies?

They're all men.

What about the ladies? Beatrix Kiddo, Charlie Baltimore or Jane Smith?

Jean Luc Goddard said, "all you need to make a movie is a girl and a gun," and often these days filmmakers are placing that gun in the hands of female film assassins. Nikita is back on the tube and earlier this year Saoirse Ronan played a deadly 16-year-old in Hanna.

This weekend Avatar's Zoe Saldana is back as a stone-cold killer in Colombiana.

As Charlie Baltimore, Geena Davis created one of the screen's most loved female assassins in The Long Kiss Goodnight. Suffering from amnesia, when her past catches up with her she flip flops from suburban mom to killer.

Best Line?

"They're gonna blow my head off, you know. This is the last time I'll ever be pretty."

"They're gonna blow my head off, you know. This is the last time I'll ever be pretty."

GEENA DAVIS AS CHARLIE BALTIMORE IN THE LONG KISS GOODNIGHT

Angelina Jolie's deadly demeanor has pumped up several action movies. Lara Croft was a gun-slinging super-heroine but she's also played assassins in two movies.

In Mr. and Mrs. Smith she's a hitlady assigned to kill her own on-screen (and future real life) partner Brad Pitt.

"Still alive baby?" she purrs after trying to shoot him through a wall.

Also, as Fox in Wanted she was a member of the Fraternity, a deadly group of killers, with the useful ability to shoot around corners. Best line?

"We kill one, and maybe save a thousand. That's the code of the Fraternity."

The highest body count must go to Beatrix Kiddo, played by Uma Thurman in Kill Bill parts one and two.

As a bride done wrong by her former Deadly Viper Assassination Squad colleagues (including Vivica A. Fox plays Vernita Green and Lucy Liu as O-Ren Ishii), Kiddo slices and dices her way through more than 100 opponents.

But the two most unlikely female assassins on film were found in Leon: The Professional and Kick-Ass.

In the former Natalie Portman was a 12-year-old who learns how to kill from her teacher, Léon (Jean Reno), a skillful but sensitive hitman.

In Kick-Ass, a 2010 action-comedy starring Nicolas Cage and Chloë Moretz, Hit Girl (Moretz) asks her father (and assassin mentor) for a Benchmade model 42 butterfly knife for her 11th birthday.

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60 seconds

▶ Bright Eyes are still burning.

BRIGHT FUTURE?

"THIS IS NOT THE LAST BRIGHT EYES FOR SURE"

Conor Oberst has been releasing music under the Bright Eyes moniker since he was 15, and when he and his band released The People's Key earlier this year, there was some buzz that it might be the last from the formative indie rock band from Nebraska. Oberst says not to worry.

I've read that this is the final Bright Eyes album. Is that true?
No, not definitively. We don't really have any plans for the future at this point, but as far as that whole thing, that was something where someone took a quote that I said (out of context) and that was something that other people decided. We never made an official announcement. Even if it were our last record, we wouldn't say it was our last record. As the rumor mill works, that's kind of the way it goes. You can definitely quote me, this is not the last Bright Eyes for sure.

What are some of your favourite songs to play live these days?
We keep adding on at sound check. The last one we learned was this one called I Believe in Symmetry which is on the Digital Ash record, and that's always been a good one live. It has a sort of cathartic ending.

How often do you achieve catharsis when you're performing?
Night-to-night, the goal is always to be in the music and feel as connected to it as possible, and depending on the environment and the crowd and our states of mind as far as the band members I think on a good night we totally achieve that, and sometimes there's distractions or things that can take me out of the moment. But the goal is to reach that point where you remember, I guess, just remember the place, the feeling, that created the song, and try to get back to that.

You kind of get the psychedelic effect almost.
Yeah, we wanted it to be a little more trippy. We're always just trying to find new sounds that intrigue us, and then hopefully if it's something that we're interested in the listener is willing to come along with us. ● PAT HEALY

Internet famous to real-world famous

Greyson Chance building off his web fame to find success in the music industry ● He will be performing and doing a meet and greet at the CNE

Greyson Chance has the unique distinction of being a YouTube sensation.

He grabbed attention worldwide (not to mention Web hits) for his rendition of Lady Gaga's Paparazzi.

At just 12 years old, he also caught the attention of talk- show host Ellen DeGeneres.

She invited him on her show, and was so impressed, she created a record label called eleveneleven and signed him as its first artist.

Now, Greyson is 14 years old and has spent the time since writing, recording songs and touring to establish himself in the music industry.

He released his first album called Hold on 'Til the Night earlier this month.

It debuted No. 29 on the Billboard album charts.

He talked about his music, DeGeneres and how he's wise beyond his years during a recent interview.

What did you learn from recording your first album?
I learned tons from recording this album. I really got into production and started learning how to make sounds, how to make beats and that sort of thing. Also, I think I've really advanced as a songwriter because I wrote more than half of the record.

You didn't rush to put out an album after getting a record deal. Was there a pressure to keep the momentum going?
I feel like you need to take time. You need to take time to build the process, gain the fans, put out the record and also build time to realize what the heck you're doing. You don't want to rush into something. You need to take your time, realize what you're doing, what you want to do, how to market yourself. And the music industry is a lot of business and it's a lot of politics.

You're very well spoken and wise for your age. Are you sure you're only 14?

RICHARD DREW/THE ASSOCIATED PRESS

▶ Wise beyond his years, Greyson Chance is turning his web fame into real success.

Now that you're asking, I'm actually about to turn 46 this Christmas. I'm very excited. I'm going to spend it with the kids. You know, we're gonna have a good vacation, nice Christmas and it's gonna be good.

How involved is Ellen DeGeneres in your career?
She is very, very involved. She is always critiquing songs, artwork, everything.

What's the best piece of advice she's given you?
She told me, 'Do not change yourself,' and I really haven't. I've definitely evolved as an artist and as a person but I haven't changed myself one bit.

How are you with listening to your music or watching yourself perform?
I'm very hard on myself. ... We record the show every night and I go look back at it and I write notes about what to do, what looks good, what doesn't look good.

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Kate Winslet saves Branson's mom from fire

Sure, she let 'Jack' freeze in the water after the Titanic sunk, but real-life actress is something of a lifesaver House destroyed, but no one was hurt

ALL PHOTOS GETTY IMAGES

▶ Kate Winslet

While vacationing in Richard Branson's estate on beautiful Necker Island, Kate Winslet narrowly escaped a massive fire that destroyed the home — and even carried Branson's 90-year-old mother, Eve, to safety.

"[Winslet] was staying there with her children and in fact it was she who carried my mother out of the house," Branson tells ITV News.

"She swept her up into her arms and got them out of the house as fast as possible."

Lightning during a tropical storm is said to be the cause of the fire.

"The main house is completely destroyed and the fire is not yet completely out," the billionaire Branson says.

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Ryan puts his 6-pack to use

▶ Ryan 'superman' Gosling

Ryan Gosling can add peacekeeper to his resumé.

The actor broke up a scuffle in New York recently when a man tried to run off with a street vendor's painting, according to Us Weekly.

"The painter was able to stop him before he took off with him and tackled him to the ground," a source says.

"Before it got too violent a stranger appeared to separate them. It was Ryan Gosling! He was trying to understand the situation while keeping them from hurting each other."

Gosling apparently escorted the men out of the street, paid for the painting and sent them on their separate ways.

METRO

Fearing Charlie's wrath

Denise Richards reportedly turned down a guest-starring role on the season premiere of Two and a Half Men, the show from which her ex-husband, Charlie Sheen, was fired, according to TMZ. Sources close to the show say producers wanted Richards to appear alongside new series star Ashton Kutcher, but Richards told them she wouldn't do it, as "she would never hear the end of it from Charlie."

METRO

▶ Denise Richards

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▶ Victoria Beckham

Victoria ditches her high heels — for now anyway

Victoria Beckham is recovering from a slipped disc in her back, and appeared in public for the first time since the problem developed — and she wasn't wearing her trademark high-heels, according to Us Weekly.

It's been speculated that the slipped disc was caused at least in part by Beckham's insistence to wear stilettos during her recent pregnancy.

"Thank you for your kind messages," Beckham posted on Twitter recently.

"I'm feeling much better and enjoying every precious minute with baby Harper. I'm so in love."

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Celebrity tweets

@IMKristenBell

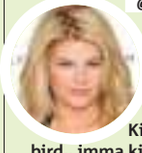
"The stewardess just included calculators in her list of devices that must be powered down for take off. And she said it in all sincerity."

@JamieKennedy

"If you see a ruler in a gas station bathroom ... don't touch it."

@ConanOBrien

"I like my women the way I like my coffee. Yup, I like blonde slutty coffee with low self esteem."


@kirstiealley

"The day some studio decides to remake To Kill A Mockingbird.. imma kill all the mocking birds on earth. Thatll show em....er..that I'm nuts"

Third time's the charm

Jennifer Garner is pregnant once again, she and husband Ben Affleck confirmed to the Associated Press. This will be the couple's third child, joining daughters Violet, 5, and Seraphina, 2. "She's always wanted three kids," a source tells Us Weekly. "This was her plan all along."

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A land of wonder and Inspiration

Gabriola Island in B.C. is a magnet for artists, earning it the nickname 'Isle of the Arts'

ALL PHOTOS BOOMER JERRITT/THE CANADIAN PRESS

▶ Visitors enjoy the beach on the northern tip of Gabriola Island.

There is immeasurable character and wonder to be discovered in the mystic landscape of Gabriola Island, in the Gulf Islands of British Columbia.

Within minutes of arriving, there's a good chance you'll spot an eagle soaring, watch deer scampering along the road or pass by the alpaca farm. Ancient petroglyphs are carved into sandstone throughout the island, which is a 20-minute ferry ride from Nanaimo. There are more than a dozen beaches and ocean-side spots to visit, including the Malaspina Galleries, a stunning 3.5-metre natural sandstone formation created by years of wave erosion.

But the wondrousness isn't limited to the terrain.

According to the Gabriola Arts Council, the island has the fifth highest concentration of artists in all of Canada. The island is often referred to as the "Isle of the Arts."

"There's a real work ethic amongst the artists here," said Ramsey, who is president of the council. "They go out to their studio on Monday and come out on Friday with a whole body of work done."

Another intriguing characteristic about Gabriola is the high number of vintage cars that are seen during the summer months. Until recently, the local newspaper would publish a feature on a different vehicle every month.

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GABRIOLA ISLAND

A history of hippies

The 4,200 residents who live here emit a laid-back, welcoming vibe.

Resident Kathy Ramsey says not to be surprised if the person working at the checkout of the grocery store is a former rocket scientist.

The eccentricity of the island could be traced back to its history as a hippie colony in the 1960s, when many Earth-loving wanderers made their way over to live off the land, exploding the population

THE CANADIAN PRESS

3 life

Iconic building closing its doors

The Royal Bank building on St. Jacques Street, which graces the Montreal skyline, will close next spring when the Royal Bank shutters its branch in a building that served as its headquarters from 1928 to 1962. When it opened, it was dubbed the tallest building in the British Empire. It's not yet clear whether visitors will still be able to access it beyond next spring.

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Drink of the week

Blueberry-Basil Rickey

Make up a double batch of this one — one for your kid, and one for yourself (with the optional gin).

- 1 sprig fresh basil
- 15 ml (1 tbsp) sugar
- 60 ml (2 oz) blueberry juice
- 15 ml (1/2 oz) lime juice
- 30 ml (1 oz) gin (optional)
- Ice
- Club soda
- Handful of fresh blueberries

In bottom of highball glass, muddle basil with sugar. Pour in blueberry juice, lime juice and gin (if using) and stir to dissolve sugar. Add ice and club soda, stirring gently. Garnish with blueberries. THE ASSOCIATED PRESS/ ALISON LADMAN

Comfort foods of Italy — that's amore

Start with a Caprese Salad of mozzarella & tomatoes
Move onto a simple & delicious Pasta Pomodoro

MATTHEW MEAD/ THE ASSOCIATED PRESS

Preparation:

1. In a large pot, bring 6 l (24 cups) of water to a boil. Add 30 ml (2 tbsp) of salt.
2. In non-stick skillet over medium-low, heat 7 ml (1/2 tbsp) of the oil. Add garlic slices and toast, stirring constantly, for 3 or until lightly browned. Watch closely so garlic doesn't burn. Increase heat to medium, add red pepper flakes and half of the basil leaves. Cook for 30 seconds, then add tomatoes.
3. Add pasta to boiling water and cook until al dente according to package directions.
4. Meanwhile, toss tomatoes in skillet and cook for 5 minutes or until they start to blister and the skins pop. Mash tomatoes with potato masher or fork to make pulp, then turn off heat. Season lightly with salt and black pepper.
5. Drain pasta, reserving 50 ml (1/4 cup) of cooking water. Add pasta and reserved pasta water to tomato mix. Increase heat to medium-high. Add half of cheese. Cook for 2 minutes or until sauce begins to cling to noodles, using a heat-resistant rubber spatula to toss pasta to coat evenly.
6. Add remaining basil and olive oil and toss to coat. Season to taste with salt and pepper. Divide pasta among 4 plates and sprinkle with remaining cheese. THE ASSOCIATED PRESS/ ROCCO DISPIRITO

Ingredients:

- Salt
- 15 ml (1 tbsp) extra-virgin olive oil, divided
- 6 cloves garlic, thinly sliced
- Pinch red pepper flakes (peperoncino)
- 16 fresh basil leaves, torn into small pieces, divided
- 1 l (4 cups) very ripe grape tomatoes (about 80 grape tomatoes)
- 250 g (8 oz) dry kamut spaghetti
- Ground black pepper, to taste
- 30 ml (1 oz) Parmigiano-Reggiano cheese, freshly grated, divided

Caprese Salad

▶ The recipe takes 15 minutes to complete and serves 4.

The same combination that makes pizza so irresistible — mozzarella and tomatoes — also makes a mean salad.

And just like a classically delicious pizza, you don't need much beyond those two star ingredients to assemble a stunning salad, known in Italy as a caprese salad.

Preparation:

1. Use a serrated knife to slice each ball of mozzarella into 4 slices. Repeat with tomatoes, cutting each into 4 slices.
2. Stack 2 slices of tomato and 2 slices of mozzarella, alternating as you stack, on each of 4 serving plates. As you stack, season each tomato slice with a pinch of salt and pepper. Set aside.
3. In a blender, combine olive oil, lemon juice and half of the capers. Puree until smooth. Season with salt and pepper. Drizzle a bit of the dressing over each mozzarella-tomato stack. Scatter several basil leaves, a few of the remaining capers and a bit of lemon zest over each stack. THE ASSOCIATED PRESS

Ingredients:

- Two 250-g (8-oz) balls fresh mozzarella
- 2 large slicing tomatoes
- Salt and ground black pepper
- 50 ml (1/4 cup) olive oil
- Juice and zest of 1 lemon
- 15 ml (1 tbsp) capers, divided
- Handful fresh basil leaves

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Risks and rewards

STUDENT VOICE

RAMAN BATTU
TALENTEGG.CA

Raman Battu

I was just about to complete my Bachelor of Commerce in Marketing from Ryerson University. I started looking for jobs a few months before graduation, but I wasn't prepared for the problems I would face.

I quickly realized that employers didn't care about the marketing courses I had taken, or my GPA. They cared about relevant work experience.

Fortunately, I had some prior experience compared to some graduates but even that was minimal.

With this small experience, I was able to get through to a few second interviews. However, I always heard the same thing when employers were making the final cuts: I didn't get the job because I lacked experience.

It was so frustrating having to convince an employer to give me a chance! How else do they expect any new graduate to gain experience?

Employers can't expect every graduate to be the complete package. We are young, motivated and full of fresh, new ideas!

Employers should take a risk and hire new graduates. It doesn't matter if we haven't worked in a large corporation or do not have a specific skill. We can learn! That's what we have been doing our whole academic careers. Don't undervalue a graduate by thinking there is no time to train them.

Career centres and schools also need to do more to help students by providing them with co-op experience while in school, regardless of their GPA.

Schools should also provide hands-on experience during class time. For example, case studies are a great way to practice new problem solving skills that employers are looking for.

Also, schools should constantly update courses to better assist students. When I graduated in 2010, I learned nothing about social media and its relation to marketing, a knowledge base that would have been highly useful upon graduation.

My recommendation to students would be this: find an internship or part-time position while you're still in school so you can get your foot in the door.

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Where Raman is now

I eventually did find a job at a small company through a mutual friend. I appreciated the fact that my employer took the risk to hire me, a new graduate. Having gained more experience, I am currently looking for a marketing position with more responsibilities to help grow my career.

A FEW RULES YOU MAY HAVE WRONG AT WORK

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADA
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"Criticism may not be agreeable, but it is necessary."
–Winston Churchill

The above quote is as true at work as it is in life, except that in workplace law there is always an exception. Here is a sampling of some of the questions readers of this column frequently ask and the answers I often provide.

Performance appraisals

When assessing merit, your appraisals matter. When assessing severance, they are mostly irrelevant. This is because poor performance is seldom cause for dismissal. Similarly, there is no such concept as "near cause", which means there is no correlation between your level of performance and the quantum of severance you will ultimately receive. Therefore, if you are fired and it relates to performance, you should receive the same severance as if it did not.

Letters of reference

Employees believe they are always entitled to a reference. However, there is no rule or law compelling a reference, no matter how long or meritorious your service.

Employment contracts

If there is a written contract, it has to meet a number of tests. You must, at least, be given the opportunity to negotiate or those terms that are punitive may not be enforced later on. This rule also applies during the course of employment, except that something of greater value must also be offered, such as a raise or a promotion, in exchange for a contract. Otherwise, the courts have reasoned, an employer could unilaterally impose new terms, and you would be left without the leverage to negotiate or refuse.

Resignations

If you resign with advance notice and your employer asks you to immediately leave, are you entitled to pay for the remaining period of notice? Yes. Unless you signed a contract that says otherwise, generally you must be paid.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

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College: There's an app for that

Need to get in touch with your prof ASAP, or share a funny story from last night's party? Look to your cellphone

Turns out, the best place to shop for back-to-school, could be your app store. From exam prep to finding delivery options at 2 a.m., your cell phone has become one of the most useful tools you can use at college.

"The evolution of the mobile phone and its encompassing apps has changed the game for the world at large.

In modern days, not only is a mobile phone the most personalized possession you own, but it's a digital backpack," says Matthew Armendariz, an NYC-based web and software interface designer.

"The evolution of the mobile phone and its encompassing apps has changed the game for the world at large"
MATTHEW ARMENDARIZ, SOFTWARE DEVELOPER

With his help, we've found some apps for iPhone that will help you both in and out of classroom. Relax, we know you're on a budget-they're free.

Check to see if your school has its own app.

ISTOCK

▶ Social media is making the return to school simpler and so much more fun.

For example, NYUMobile features maps, event calendars and campus news.

Have a question but can't remember your professor's email address? This app even offers the student and faculty directory. It's great for any student, especially if you're new on campus.

Connect with your friends through Fast Society. This app lets you share fun experiences with your friends by connecting through conference calls or recorded voice messages.

Or let your study group know where to meet by sending them your location in a mass text to a single number. It's great for test prep, too.

"Use the phone's native camera app to take snapshots any pertinent notes. Take a picture of the chalkboard and you'll now have a long-lasting visual reference of the classroom discussion. This is especially useful if you missed part of a lecture, if you're handwriting is below par, or if you are a visual learner," says Armendariz.

Need a little help choosing classes for your next semester? With Rate my Professors, you can read countless comments about more than 1 million professors at more than 6,000 schools across the country.

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METRO WORLD NEWS

Ways that the temp often rises

It may be short-lived, but taking on a temporary position can carry huge benefits for the enthusiastic employee

When you're looking to start your career, it's easy to skip over temporary job listings.

ISTOCK

▶ Face it, this may be the best move for you right now.

But before you set your filter to only full-time positions, consider the many possible benefits of temping.

"A lot of young people want to get their dream job right away, but it's more of a marathon than a sprint," says Andy Teach, author of From Graduation to Corporation: The Practical Guide to Climbing the Corporate Ladder One Rung at a Time.

"It's something that everyone should consider, especially in this economy."

Teach tip

Get LinkedIn!

- Log in and fill your profile out immediately, advises Teach: "Employers are looking at it — they're really checking it now. For some, it's like you're invisible if you're not on LinkedIn."

Here's why you may want to give temping a chance.

It can lead to a long-term position

Plenty of employers treat temp positions as an opportunity to test-drive a potential full-timer. But even if the project has a very limited time frame, you still have the chance to network with managers who may have openings.

"Find a company you really want to work for. If it's a great working environment, it's worth just getting in there," says Teach. "You have to think long-term — you'll be down the hall from the people you want to talk to."

You'll get an honest preview of the job

There's nothing worse than making it through three rounds of interviews only to realize that the management structure is worse than the coffee.

"When you interview for a job, you never really know what's waiting for you," says Teach. "Temping can give you a priceless insight."

There's no commitment

If you settle for the wrong full-time gig, you'll have to give notice — and hopefully not navigate a no-compete contract — if a better job comes along.

The same isn't true for temporary positions. "If it doesn't work out, you don't have to worry so much about loyalty," says Teach.

METRO WORLD NEWS

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RED RIVER COLLEGE

PAUL BERESWILL/GETTY IMAGES

▶ Steven Stamkos

Stamkos pulling for Crosby's return

Steven Stamkos says the NHL needs Sidney Crosby.

The Pittsburgh Penguins superstar has been out of action since January with post-concussion syndrome and it was rumoured this week he suffered a setback in his recovery.

Stamkos said it's difficult to see Crosby on the sidelines, both for the health of the league and as a fellow player.

"It'd be tough, we need him. He's the face of the NHL," the Tampa Bay Lightning sniper said yesterday at an NHL fitness camp in Toronto. "It obviously would take away from our game not having him in the lineup, so hopefully everything goes well."

Crosby's agent tried to quell rumours Monday that the centre had cancelled some on-ice workouts and that he wouldn't be ready for training camp next month.

Pat Brisson said in a release the 24-year-old had adjusted his workout schedule and would address his condition at an "appropriate time."

Crosby hasn't appeared in a game since Jan. 5 when he took a blow to the head for a second straight game and was diagnosed with a concussion.

Stamkos, who recently signed a big extension with Tampa Bay, added the amount of concussions in the league is alarming.

"It's scary with the amount of concussions, not only with him, over the past couple years," Stamkos said. "As a fellow player in the league, you want to prevent that sort of thing." THE CANADIAN PRESS

'This isn't the end,' says Hill after trade

Jays ship second baseman and popular infielder John McDonald to Arizona 'They were guys that cared,' says Toronto manager John Farrell

DARREN CALABRESE/THE CANADIAN PRESS

▶ Fans display a banner at the Rogers Centre in Toronto last night after John McDonald and Aaron Hill were traded by the Blue Jays.

Although it's farewell, it might not be goodbye.

"I have not ruled out either player being back here in 2012," Blue Jays general manager Alex Anthopoulos said after announcing yesterday that second baseman Aaron Hill and infielder John McDonald had been traded to the Arizona Diamondbacks for second baseman Kelly Johnson.

All three players can be free agents in the off-season.

"This is all I've known, this has been my family," Hill told the media at Rogers Centre before the Blue Jays game with the Kansas City Royals last night. "Like Alex said, I'm very open to coming back next year. This isn't the end."

"Not only are you playing for the city of Toronto, but the country of Canada. It's a very special place and it will be missed."
SECOND BASEMAN AARON HILL, AFTER BEING TRADED FROM THE TORONTO BLUE JAYS TO THE ARIZONA DIAMONDBACKS YESTERDAY

Added McDonald: "I've had a lot of conversations with Alex recently about just that, about continuing to be a Toronto Blue Jay, and that excites me too."

The 29-year-old Johnson, long rumoured to be an Anthopoulos target, has appeared in 114 games for Arizona this season, posting a .209 average with 18 home runs, 49 RBIs and 13 stolen bases.

A first-round pick of the Atlanta Braves in 2000, Johnson is a career .260 hitter with 89 home runs and 326 RBIs in 758 games.

"He has the ability to get on base, draw some walks and he's got power to all fields," Anthopoulos said. "He'd be the first one to tell you, I'm sure, he's not performing the way he expected to, especially off the year he came off of last year."

Players must clear waivers to be traded after July 31 and Anthopoulos said all the Blue Jays players cleared early in August as a matter of club policy.

It was at that time that talks with the Diamondbacks on a possible deal started to take place.

Hill has struggled the last two seasons with the Blue Jays, but said he will cherish his time in Toronto, noting the club's bright future.

"This team will win. The way they're going, the direction they're going, with Alex and everybody, I do believe this team will win," Hill said.

Both McDonald and Hill will have a chance to play in the post-season with Arizona in contention for the National League West's title.

THE CANADIAN PRESS

Canadian little leaguers bow out

Canada is heading home from the Little League World Series with its head held high.

The team from Langley, B.C., lost 4-0 to Japan yesterday in an elimination game.

Canada leaves the tournament with pride after a surprising victory in a must-win game against nemesis Taiwan and a good effort against Japan.

"We lost to the defending champs 4-0. We held our own," Canadian coach Jason Andrews said when asked how his team handled elimination. "I think we represented very well. They're very upbeat, very happy with the way they played."

Cole Cantelon allowed four runs in 4 ⅓ innings for Canada, which put two runners on in the bottom of the sixth before Connor McCreath grounded out to end the game. THE CANADIAN PRESS

17 Canada advanced to face Japan after defeating Taiwan 5-3 on Monday.
That marked the first time a Canadian team had defeated Taiwan in 17 trips at the Little League World Series.

4 sports

Quoted

"My mom told me if you're going to leave school to go to the draft, and there is a lockout, I need you to go back to school and continue on with your degree. I was all for it."
CLEVELAND CAVALIERS NO. 4 DRAFT PICK TRISTAN THOMPSON, WHO ANNOUNCED YESTERDAY HE WILL RETURN TO HIS STUDIES AT THE UNIVERSITY OF TEXAS DUE TO THE NBA LOCKOUT. THE 20-YEAR-OLD FROM BRAMPTON, ONT., IS GETTING READY FOR A FULL COURSE LOAD AND PRACTISING WITH HIS FORMER LONGHORNS TEAMMATES.

"When it's all said and done, basketball can only do so much for you."
THOMPSON

5 drive

Spacious coupe

As a four-door wearing a two-door's body, the tester offered up a surprisingly generous back seat, easy entry and exit, a massive trunk, and a great forward view of the road.

No issue with space on board for a four-person road trip, and up front, the driver and passenger could easily forget they aren't simply in a sedan.

Typical coupe-related compromises are largely eliminated, here.

Interior

Most will find the cabin styling modest and plain, an attribute embodied most heavily in the graphics of the infotainment system which are on par with the average gas station ATM machine.

This part of the Accord is in dire need of an update.

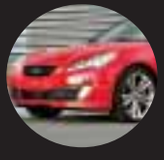
Engine

Under the testers' hood, Honda's 3.5-litre SOHC V6 engine dispenses 271 horsepower to the front wheels, thanks in part to the automaker's proven VTEC valve timing system. Among other things, VTEC ramps up engine output and sound effects at higher revs, creating a delightfully peaky power-curve. Honda's proven J35 Z3 powerplant sounds fantastic, loves to work and moves the Accord Coupe along like absolute heck.

A six-speed manual transmission took centre stage within the tester. It offered up a fairly slick shift action despite a longer throw, as well as a light and easygoing clutch.

▶ Though the Accord Coupe doesn't have the world's sportiest shifter, it is easy to bang some gears and get this rocket coupe blasting along so quickly the tires can barely keep up. Torque steer is present though well managed, and in all, it's an entertaining and delightful drivetrain to put through its paces.

By comparison



Hyundai Genesis Coupe

Shopping? Be sure to check out the Hyundai Genesis 3.8 GT Coupe, too. For a few dollars more than the loaded Accord V6 tester, it offers up a Limited Slip Differential (LSD), Brembo brakes, and more dramatic looks. It also sends more than 30 additional horsepower to the driving enthusiasts' favourite wheels — the rear ones.

JUSTIN PRITCHARD

Scan code for more car reviews and news

Family-car roots shine through in Accord Coupe

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

With Honda greats like the Prelude, NSX, S2000 and CRX all retired to that great big sports-car graveyard in the sky, it's now the Honda Accord V6 Coupe that stands as the brand's ultimate performance offering. This two-door version of Honda's elemental family sedan has recently been updated in the cosmetic department, and now looks more alert, sharp and aggressive than ever.

That's slightly more fitting, perhaps, for a performance flagship riding the same platform as one of the most sensible family rides on the road.

When driving, handling of the Accord is tidy overall, though enthusiast drivers will likely wish for a little less body roll, a little quicker steering and some more aggressive tires. The Accord Coupe isn't a handling monster first and foremost, but it's entertaining to push hard, not to mention comfortable, compliant and relatively quiet during cruising.

End of the day, the Accord Coupe's surprising sensibility, as well as Honda's reputation for reliability, quality and residual value will be big draws here. Shoppers after a muscular sports coupe that's nearly as rational and level-headed as a family sedan won't likely be disappointed.

▶ A side view of the sexily-shaped Accord Coupe.

▶ At hand storage facilities are generous in the cabin. Two large cupholders are fitted, and things are all nicely equipped and set up for day-to-day life.

Accord Coupe

What you should know about the 2012 Honda Accord Coupe V6 EX-L:

- **Engine (hp):** 3.5-litre SOHC V6, VTEC, 271 horsepower.
- **Drivetrain:** Front-wheel drive, two-door coupe.
- **Transmission:** Six-speed manual.
- **Observed Average Mileage:** 10.9 l/100 km.
- **Features:** Bluetooth, navigation, heated leather memory seats, sunroof, automatic climate control, automatic lights.
- **What's Hot:** Potent engine, good looks, proven reputation, generous space in cabin and trunk.
- **What's Not:** Could handle more tightly, very dated navigation system.

This used Pontiac can get you fly like a G6

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Replacing the popular Grand Am, Pontiac's 2005 G6 hit the market in 2004 with the promise of better quality, performance, looks and dynamics than its predecessor.

By doing away with the Grand Am nameplate, the now-extinct American brand was clearly aiming for a new beginning in the G6's segment — and had their eyes on taking a piece of the pie from the Japanese competition.

Coupe, sedan and convertible models were available, as were numerous trim levels and options packages to fit a variety of needs.

2006 to 2011 Pontiac G6

Engine

Look for G6 with a 3.5-L V6 with 200 horsepower, a 2.4-L four-cylinder with 169 horsepower, and two up-level V6 engines displacing 3.6 and 3.9-litres and generating 242 or 240 horsepower.

What owners like

Owners taking to the Internet to share experiences typically rave about styling, overall value, ride quality, and decent fuel mileage with any of the "smaller" engines. Comments like "fun to drive," "sharp looking," and "sporty" are common.

What owners dislike

Complaints tend to centre around lower-than-expected cabin build quality and materials selection, some noises as the G6 ages, and a rattly sunroof. Some wish for better gas mileage from the larger engines.

Common issues

Well-documented problems with the G6's electric power steering may result in a loss of power steering assist — meaning the steering could become stiff and feel "locked up" at speed.

This safety issue was addressed by a service bulletin, and any GM mechanic should be able to check and replace the troublesome parts.

A check of the vehicle's suspension and front-end is also advised.

Verdict

Opt for a newer, used G6, and you'll likely find an affordable, solid and sporty driving companion.

Expect above-average sportiness and performance, and below-average resale value.

Special Rate
1.9%†
Purchase Financing
24 Months, APR
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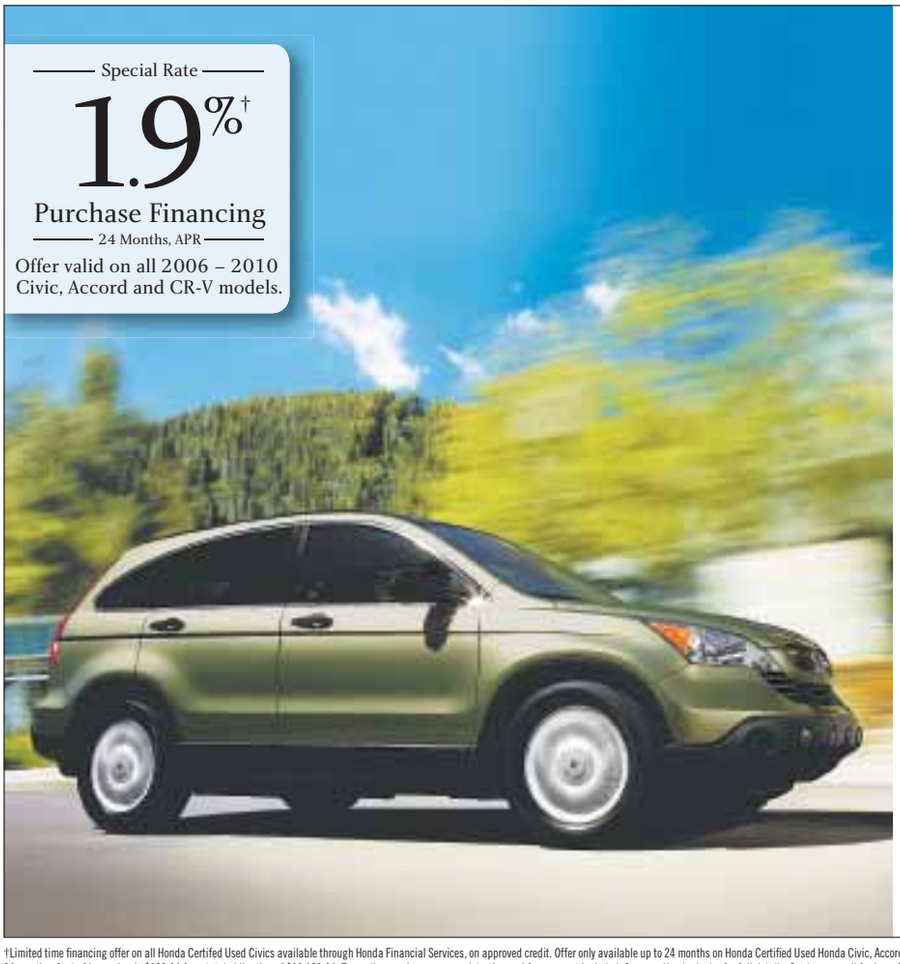

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†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V models (2006–2010 model years). Finance example based on 2008 Honda Civic model: $10,000 at 1.9% per annum equals $424.96 per month for 24 months. Cost of borrowing is $199.04 for a total obligation of $10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires August 31, 2011.

AUTO SERVICE DIRECTORY

Tune-ups have changed

Replacing spark plugs is one of best ways to maintain an efficient engine

With the widespread use of computerized engine controls, the regular "tune-up" is now a thing of the past.

Modern vehicles don't have ignition points and there are no carburetors to adjust. But there is still an important wear item that needs to be replaced periodically — the spark plug.

Replacing worn or fouled spark plugs can improve engine starts, lower emissions, and even boost acceleration. What's more, according to the National Institute for Automotive Service Excellence, a misfiring spark plug can reduce fuel efficiency by as much as 30 per cent.

Spark plugs take the electrical current from the ignition coil and send it across a gap between the plug's electrodes. That spark ignites the air/fuel mixture, which powers the engine. Keep in mind that all this happens in a very harsh environment. Up to 40,000 volts cross this gap, and combustion temperatures can reach 3,000 C.

Even with the greater durability of platinum- or iridium-tipped electrodes, these components eventually wear out. They also can become fouled due to poor gasoline quality, or excessive oil entering the combustion chamber from worn engine parts. Fouling can even be caused by prolonged engine idling that prevents the spark plugs from reaching their proper operating temperatures.

Be sure to replace your vehicle's spark plugs on a regular basis. It's one of the most economical ways to maintain an efficient engine and avoid wasting fuel. NEWS CANADA

COMSTOCK/THINKSTOCK

▶ A misfiring spark plug can reduce fuel efficiency by as much as 30 per cent.

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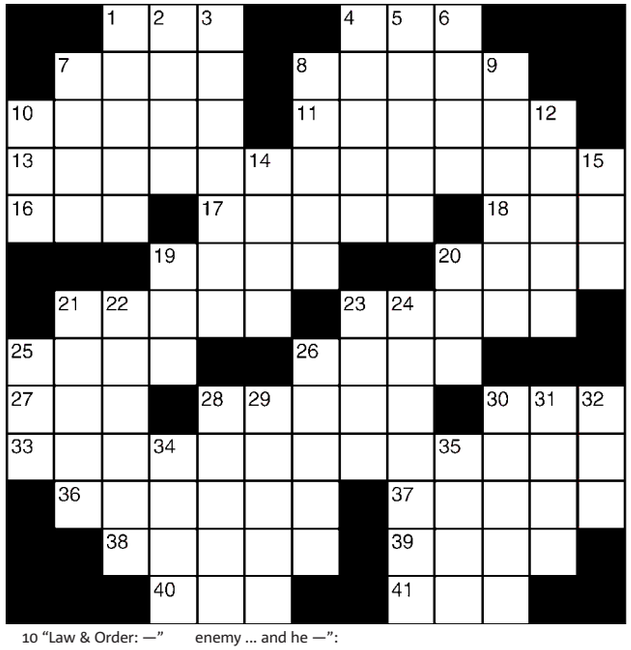
*PAYMENT OF REBATES IN CANADA WILL BE MADE THROUGH A REBATE CHECK.

Crossword



Across

1 Chocolate dog, for short
4 Suntan lotion abbr.
7 Earth
8 Wall art
10 Rock
11 Egyptian underworld god
13 "Monopoly" property
16 High points
17 Glover or DeVito
18 Yea canceler
19 His and —
20 "— Only Just Begun"
21 Battle reminders
23 Hotel accommodation
25 Laugh-a-minute
26 King —
27 Blunder
28 Biscotti flavoring
30 Korean automaker
33 Jeff Dunham or Terry Fator
36 Impulse carrier
37 Excessive
38 Speedy horses
39 Tosses in
40 "Science Guy" Bill
41 Actress Myrna

Down

1 Crazy birds
2 "— She Sweet?"
3 Bartender's need
4 Soap star Lucci
5 — to (in on)
6 Bus rider's pay
7 Dance lesson
8 Early periods
9 Common finch
10 "Law & Order: —"
12 Debonair
14 Galley lineup
15 22-Down's location
19 Chapeau
20 Peruke
21 Temptress
22 Pupil's coat
23 Mediocre
24 Not the same
25 Gun the engine
26 Potters' ovens
28 Orderly grouping
29 Mythical weeper
30 Small child (Var.)
31 "We have met the enemy ... and he —": Pogo
32 Devoured
34 Swerve
35 Loosen

▶ Yesterday's answer

H	A	R	D	■	P	O	P	■	S	A	N	G
U	S	S	R	■	A	R	E	■	O	H	I	O
L	A	V	E	■	W	A	R	D	R	O	B	E
A	P	P	A	R	E	L	■	A	B	Y	S	S
■	■	■	M	U	D	■	W	Y	E	■	■	■
H	A	S	T	E	■	C	O	S	T	U	M	E
E	L	K	■	■	A	U	K	■	■	S	E	A
R	A	I	M	E	N	T	■	E	V	E	N	T
■	■	■	U	S	N	■	B	A	A	■	■	■
S	C	O	T	T	■	G	A	R	M	E	N	T
C	L	O	T	H	I	N	G	■	P	L	E	A
O	U	Z	O	■	T	A	G	■	E	B	O	N
T	E	E	N	■	S	T	Y	■	D	A	N	K

Sudoku

			2				1	6
	6		1				8	
		8			5	7		
8				9	2			
	2	3				8	5	
			5	8				7
		5	3			2		
	7				6		9	
4	1				7			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	3	7	1	9	8	6	2	4
9	1	2	3	4	6	5	8	7
4	8	6	2	5	7	1	9	3
1	2	5	9	6	3	7	4	8
7	9	8	4	2	5	3	1	6
3	6	4	7	8	1	9	5	2
6	4	9	5	3	2	8	7	1
8	5	1	6	7	4	2	3	9
2	7	3	8	1	9	4	6	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

pebbles. Baby. I just want you to know that I love everything about you. From the girl I first met to the woman you're becoming. You make me so happy. I can't remember ever having so much fun doin nothing. I can't fall asleep unless you're right with your head on my chest. Thank you for reminding me what love is. **BAM BAM**

To J B, Oh baby your lips look so tender and it look so true , believe me when i tell you i cannot wait for my dream to come true. i love u **H D**

c, To hold you tight, to kiss you and to dance with you forever is all I dream of. OMG how much I miss that smile n those big blue eyes. You are my soul mate and my heartbeat. I am lonely without you. I miss you so much n can't live without you. LOVE YOU crazy! **S**

A look at the weather

TODAY	THURSDAY	FRIDAY
Min 14°	Min 18°	Min 12°
Max 28°	Max 31°	Max 25°

Jenna Khan, Weather Specialist

BT BREAKFAST TELEVISION

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** **March 21-April 20** Those who think you lack imagination will be forced to think again.

♉ **Taurus** **April 21-May 21** There may be something you're desperate to say. If you're smart, you will hold off for a few more days.

♊ **Gemini** **May 22-June 21** As usual, you are ahead of your time. As usual others will struggle to keep up. Roll with it.

♋ **Cancer** **June 22-July 22** Your latest idea may be brilliant but how are you going to make it pay? Give it some thought today.

♌ **Leo** **July 23-Aug.23** No matter how set in your ways you may be, you will do something out of character today.

♍ **Virgo** **Aug. 24- Sept. 22** Your ego is a bit fragile. That will change dramatically in 48 hours.

♎ **Libra** **Sept. 23-Oct. 23** You know what you want to do but you don't know if you have what it takes to make a success of it. You won't know 'till you try.

♏ **Scorpio** **Oct. 24-Nov. 22** You need to get out of the mental rut you've somehow become stuck in.

♐ **Sagittarius** **Nov. 23-Dec. 21** Keep one eye on the news today because a new idea could inspire you to change your life.

♑ **Capricorn** **Dec. 22-Jan. 20** You can do no wrong at the moment, so feel free to take risks.

♒ **Aquarius** **Jan. 21-Feb. 18** Because you're so quick to spot new trends, so look for ways to make your insight pay off.

♓ **Pisces** **Feb. 19-March 20.** Your heightened sense of awareness will help you see patterns and meanings **SALLY BROMPTON**

Caption contest

AL BEHRMAN/ THE ASSOCIATED PRESS

LILL STRAUSS/ DAPD/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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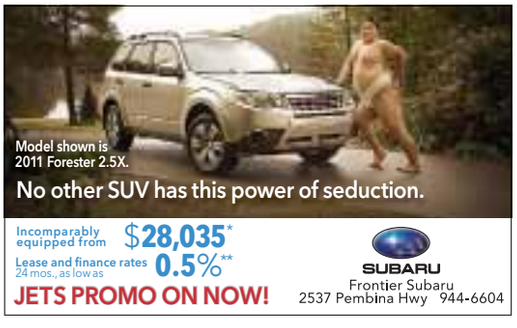
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First Time in Manitoba: New Service Now Available to All Licenced Drivers and CAA Members!

By Dylan Christopher

Here in Manitoba we are under the umbrella of Manitoba Public Insurance when insuring our automobiles. If you have an accident, the world of insurance can be like reading a good mystery novel. You never know how your accident claim is going to end. In order to help unravel this mystery, we have assembled some interesting facts and general information.

Did you know that auto accidents are the No. 1 cause of Post Traumatic Stress Disorder among the general public?

How about that, there are over 765,000 licensed drivers in the Province of Manitoba and that over 300,000 claims will be opened with Manitoba Public Insurance in the next 12 months?

Would you also believe that there will be over 18,000 injury claims opened in the next 12 months yet only an average of 75 appeals are filed each year?

Or that over 30,000 vehicles will be written off in the Province of Manitoba within the next 12 months?

Did you know that those vehicles written off, receive an average of 24% higher settlement with a current market appraisal used in the settlement process as offered by a new company in Manitoba.

If you are familiar with such great programs such as CAA you will love Acci-Care! Manitobans are very familiar with CAA and the protection that it offers your vehicle. We have found that Acci-Care is a perfect complement to CAA, and it will ensure your total peace of mind as it covers you as the driver, no matter what vehicle you drive!

Acci-Care offers accident appraisals; the appraisers ensure all factors have been taken into consideration when determining current market value.

Acci-care also offers "at fault" accident assessment as another valuable service because Manitoba drivers who are deemed 50% or more "at fault" in the cause of an accident are subject to additional premiums on their driver's license, and may lose merit points resulting in further additional premiums when registering their vehicle. Subsequent negative "at fault" assessments increases the impact of additional premiums on driver's licenses and loss of merit points.

If legal representation is needed in any part of your claim, Acci-care will ensure that you receive the legal representation required for such appeals. Claimants represented by a lawyer typically double their odds for a successful appeal.

Acci-Care also has strategic partners in the area of autobody repair, auto sales, car and truck rentals and the list goes on. Other featured partners include: healthcare practitioners, lifestyle and nutrition counselling, restaurants, spas, travel companies, chiropractors, physiotherapy, wellness, health and fitness and much much more!

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